

# FRONT & CENTER

Providing News to Our Veterans

April 2014

## NOT GREAT WITH COMPUTERS? THAT'S OK!

Army Veteran Bob Anderson retired in 2010, and was “dragged” down to the VA by a good friend who was adamant about getting him VA benefits. “I didn’t think I’d be eligible for VA. I was a Vietnam-era Veteran, but I didn’t serve in country,” said Bob. “You could have knocked me over with a feather when I found out I was eligible!”

Bob was scheduled for his first VA appointment. He got a glucometer, medications, hearing aids, a CPAP machine, and more from VA. “I am amazed at what I would have lost out on if I had not gone to the VA. I recommend the VA to all!”

In the fall of 2011, Bob was at the Clarion County Community-Based Outpatient Clinic (CBOC) to receive his flu shot, when he saw a poster about VA’s My HealthVet. “I’m not the best at computers, so I was a little shy about it. But, I got the information, looked at it, and tried to figure it out.”

My HealthVet is VA’s website that offers Veterans secure access to portions of information in their VA health care records anywhere and anytime. My HealthVet also lets them save, print and share their health information using the VA Blue Button, refill VA prescriptions online, and track their health activities,

among other functions. Veterans who upgrade their accounts can opt in to Secure Messaging to communicate electronically with their VA health care teams, view VA appointments, get VA wellness reminders, access VA lab results and more.

During his annual appointment in 2012, Bob saw VA Butler’s My HealthVet Coordinator and upgraded his account, including signing up for Secure Messaging. Bob refills his prescriptions online, sees his test results, and messages his health care team.

“Inch by inch I’m getting more and more into it. I just think it’s the best! I’m not



computer literate, but it’s easy enough for me to figure out what to do and where to go. It would be easy for anybody,” said Bob. “What I like most—the convenience of doing it out of my home. It’s especially great when we have inclement weather.”

Enroll or upgrade today for my VA’s My HealthVet at [www.myhealth.va.gov](http://www.myhealth.va.gov). For more information, contact VA Butler’s My HealthVet Coordinator at 800.362.8262, ext. 2595.

“I’m not computer literate. It’s [My HealthVet] easy enough for me to figure out what to do and where to go. It would be easy for anybody.” —Bob Anderson, Army Veteran

## THIS MONTH IN HISTORY...APRIL 2014

- 1 U.S. forces invade Okinawa during World War II (the last campaign of WWII) (1945)
- 15 Insulin becomes generally available for people suffering with diabetes (1923)
- 16 The first National Stress Awareness Day is celebrated to raise awareness of stress and promote healthy solutions (1992)
- 18 American revolutionaries Paul Revere and William Dawes ride through the towns of Massachusetts warning that “the British are coming” (1775)
- 25 A seeing eye dog is used for the first time (1938)
- 30 George Washington is inaugurated as the first U.S. president (1789)



Online  
My Health, My Care: 24/7 Access to VA

There’s a lot to remember when it comes to managing your prescriptions. Make it easy on yourself! The My HealthVet’s VA Rx Refill feature allows you to request a refill with just a click of a button.



## THE CLOTHESLINE PROJECT IS COMING TO VA BUTLER HEALTHCARE

*April is Sexual Assault Awareness Month*



The Clothesline Project is a visual display of shirts with graphic messages and illustrations that have been designed by survivors of violence, loved ones of survivors, or by someone who loves someone killed by interpersonal violence/domestic violence. The purpose is to increase awareness of the impact of violence on women and men, to celebrate the strength of survivors and to provide another avenue to “break the silence” regarding sexual assault, childhood abuse, and physical violence.

VA Butler Healthcare’s clothesline project will be on display for one week—April 21-25 in the Primary Care Waiting Area. Staff will be available throughout the week to

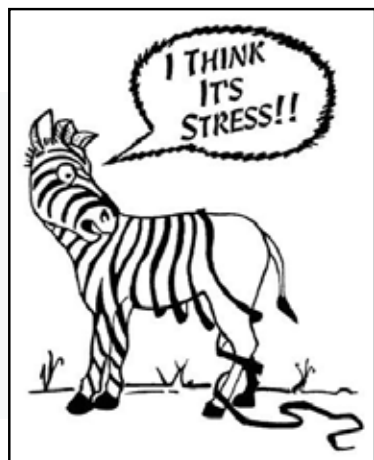
answer questions. For more information or to learn about treatment options, please contact VA Butler’s Military Sexual Trauma (MST) Coordinator at 800.362.8262 ext. 2498 or VA Butler’s Women Veterans’ Program Manager at 800.362.8262 ext. 2756.

## NATIONAL HEALTHCARE DECISIONS DAY—APRIL 16

What kind of medical care would you want if you were too ill or hurt to express your wishes?

Advance directives allow you to convey your decisions about end-of-life care ahead of time, a living will tells how you feel about care intended to sustain life, and a durable power of attorney for health care names the person you have entrusted to make health decisions if you are unable to do so.

VA Butler Healthcare wants to raise awareness of these issues on National Healthcare Decisions Day—Wednesday, April 16, 2014. An informational table will be available and staffed with VA social workers and nurses throughout the day to distribute informational materials and answer any questions you may have. For more information, please contact 724.285.2211



## APRIL IS NATIONAL STRESS AWARENESS MONTH

Pay attention to stress. VA Butler Healthcare has tools to help you manage and reduce your stress. Talk to your health care team today and visit [www.prevention.va.gov/Healthy\\_Living/Manage\\_Stress.asp](http://www.prevention.va.gov/Healthy_Living/Manage_Stress.asp).

We want to hear from you! Email [amanda.kurtz2@va.gov](mailto:amanda.kurtz2@va.gov) or [lauren.heiger@va.gov](mailto:lauren.heiger@va.gov) to share your story with us!

## EVENTS

### Veterans Health Fair & Claims Assistance Event

3 Thursday, April 3 • 10am-2pm  
Sharon American Legion Post #299  
1395 E. State Street; Sharon, Pa. 16146

### Veteran Information & Health Fair

4 Friday, April 4 • 11am-3pm  
Lawrence County. Government Center  
Lower Level  
430 Court Street; New Castle, Pa. 16101

### Behavioral Health Council Meeting

8 Tuesday, April 8 • 10am  
VA Butler Healthcare, Room 218SW



325 new castle road . butler pa 16001

800.362.8262  
724.287.4781

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